

## OS12.03

### Are early interventions beneficial for depressive status? A pragmatic randomized controlled trial



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**Purpose:** To evaluate therapeutic effects of early interventions and compare advantages of Electro-acupuncture (EA), Cognitive Behavior Therapy (CBT) and their combination therapy in ameliorating depressive symptoms.

**Methods:** 33 subjects in depressive status, included via Hamilton Depression Rating Scale-17 (HDRS-17) and Mini International Neuropsychiatric Interview (MINI), were assigned into 4 groups depending on their intentions, EA group (6 cases), CBT group (10 cases), combination of EA and CBT group (6 cases) and observation group (11 cases). Intention To Treat (ITT) analysis and Per Protocol (PP) analysis were employed to evaluate primary outcome measures (clinical response rate based on rate of HDRS-17 score changes, clinical remission defined as an endpoint HDRS-17 score < 7 and HDRS-17 scores after interventions). Meanwhile, HDRS-17 factor scores were compared with via Analysis of Variances (ANOVA).

**Results:** ITT and PP analysis demonstrated that primary outcome measures in EA group, CBT group and combination group were superior to those in observation group, no statistically significant differences were found among EA, CBT and combination group. Comparisons of HDRS-17 factor scores showed that anxiety/somatization, insomnia, retardation and cognition scores reduced remarkably in EA group, CBT group and combination group ( $P < 0.01$ ). Anxiety/somatization score in combination group was lower than those in EA group and CBT group ( $P < 0.01$ ); insomnia score in EA group was significantly lower than those in combination group and CBT group ( $P < 0.01$ ); retardation score was lower in CBT and combination group compared with those in EA group ( $P < 0.01$ ). No significant differences was found in cognition score among EA, CBT and combination group ( $P > 0.05$ ).

**Conclusion:** Early interventions could alleviate depressive symptoms. EA improve somatic symptoms and insomnia while CBT favors mitigating cognition and mood dysfunction. The combination therapy targeting both physical and psychological symptoms might be an ideal strategy for depressive status intervention.

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## OS12.04

### The future of maternity healthcare; midwives and complementary medicine



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**Purpose:** The use of complementary medicine during pregnancy is becoming increasingly popular in many industrialised countries. This presentation highlights findings from a qualitative study that explored midwives' attitudes and behaviour when considering the integration of complementary medicine as part of the woman's care.

**Methods:** Grounded theory methodology was employed to examine the area of interest. Twenty five midwives who worked in four hospitals and associated community clinics in Victoria, Australia, participated. Data were collected from 25 semi-structured interviews and non-participant observation of a subgroup of nine midwives, as they interacted with women during 39 antenatal appointments and nine hours of childbirth classes.

**Results:** Participants aimed to individualise pregnancy care and minimise the risks associated with childbearing. Many asserted that the use of complementary medicine is congruent with their professional ideology. Furthermore, the therapies enable holistic care and provide useful options to reduce the medicalisation of childbearing. However midwives often struggled to reconcile their occupational discourse with the day to day realities of working an environment dominated by the biomedical paradigm. Furthermore, a number of participants lacked the appropriate knowledge and professional engagement with CM practitioners, to enable them to facilitate women's informed choices.

**Conclusion:** The sustainable development of integrative medicine within the mainstream maternity context, will require all healthcare providers to receive basic education regarding the safe use of complementary medicine. Furthermore, referral frameworks and flexible clinical guidelines regarding use of the therapies during pregnancy should be investigated.

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## OS12.05

### Homeopathy for thirteen chronic Depression patients



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**Purpose:** Recently the increase in the number of depression patients has become a social problem in Japan. Whether suffering from chronic, long-term or other variations of depression, there is a limit to the support from conventional treatment centered on administration of medication. Homeopathy is a patient-centered medicine that treats the "individual patient" rather than the disease. This process provokes the patients to be real cured with the natural healing.